

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

September 2010

Sweet Potato Fries

Egg Enchiladas

Applesauce

Summer Squash with Sweet Corn and Tomatoes

Enchilada Hot Dish



Sweet Potato Fries

4 large sweet potatoes
4 teaspoons oil
Salt and pepper to taste

1. Preheat oven to 400 degrees.
2. Scrub potatoes and cut into ½-inch thick sticks, 3 to 4 inches long.
3. Toss potato sticks and oil in a bowl until sticks are well coated.
4. Place potato sticks on baking sheet and lightly sprinkle with salt and pepper.
5. Bake for 40 minutes or until golden brown, stirring occasionally.
6. For a variation: Sprinkle with parmesan cheese and garlic powder for the last 10 minutes of cooking.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 6 servings. Each serving has 130 calories, 3.5 grams of fat, and 25 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

As a general rule, baking apples have a smooth bottom. Apples that are better for eating have a bumpy bottom. (Note: There may be new varieties that don't follow this rule.)

Egg Enchiladas

6 eggs
½ cup chopped onion
½ cup chopped green pepper
1 jar (12-16 ounces) salsa
½ cup shredded reduced-fat cheddar cheese
6 corn or whole wheat tortillas



1. Preheat oven to 350 degrees.
2. Beat together eggs, onion, green pepper and half of the salsa in a medium bowl.
3. Spray frying pan with non-stick cooking spray and heat over medium heat. Add egg mixture and cook until firm, stirring constantly.
4. Add ¼ cup cheese to eggs. Continue cooking until cheese melts.
5. Spread ⅓ of the egg mixture in the middle of each tortilla. Roll tortillas around the filling. Place the rolls in an 8x8-inch baking dish.
6. Pour the rest of the salsa over rolls and sprinkle with remaining cheese.
7. Bake for 10 minutes or until cheese is melted.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 6 servings. Each serving has 170 calories, 7 grams of fat, and 18 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "Breastfeeding is the best option for my baby. It protects him from sickness and helps me have a close bond with my baby."



~ Angela, WIC Breastfeeding Mom from Dunseith, ND

Applesauce

4 medium apples, peeled and thinly sliced, for a total of 5½ cups of sliced apples
¼ cup water
¼ cup sugar

1. Place apples and water in a microwave-safe dish. Cover and cook in the microwave for 12 minutes.
2. Place cooked apples in a blender; add sugar. Blend until smooth.
3. Note: This recipe makes 2 cups of applesauce and can be easily doubled to make more. It also freezes well.

Nutrition Note: This recipe makes 4 servings. Each serving has 110 calories, 0 grams of fat, and 29 grams of carbohydrates.

Summer Squash with Sweet Corn and Tomatoes

1 tablespoon margarine
1 medium zucchini, cut into ½-inch slices
2 medium yellow summer squash, cut into ½-inch slices
1 cup corn, thawed if frozen
1 can (14.5 ounces) diced tomatoes
½ can (2 ounces) diced green chilies
1 tablespoon minced cilantro or parsley
Salt and pepper to taste

1. Melt margarine in a heavy non-stick skillet over medium heat. Add zucchini, summer squash and corn; sauté for 2 minutes. Add tomatoes and chilies. Season to taste with salt and pepper.
2. Cover skillet and simmer 5-6 minutes or until zucchini is tender. Remove from heat. Stir in cilantro or parsley and serve.

*Selection and Storage Information for
Corn, Summer Squash and Tomatoes*

Fresh Corn Cobs – Look for cobs with shiny, plump, firm kernels. Avoid corn with tiny kernels or decay. Refrigerate and use within 3-5 days.

Summer Squash (yellow, zucchini) – Look for small to medium-size squash that are heavy for their size. Avoid squash with soft spots. Refrigerate and use within 3-5 days.

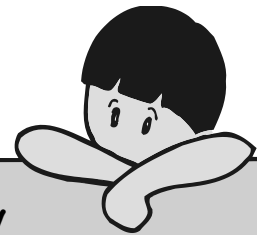
Tomatoes – Pick firm, smooth tomatoes with bright color. Tomatoes will continue to ripen if left at room temperature. Refrigerate ripe tomatoes and use within 5-7 days.

Recipe Source: Texas WIC Program

Nutrition Note: This recipe makes 4 servings. Each serving has 70 calories, 3 grams of fat, and 7 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV

Enjoy the beginning of fall by taking a walk outside. First have your child walk in straight lines, then curvy lines, and then try walking backwards.

(From www.headstartbodystart.org)

Enchilada Hot Dish

1 pound lean ground beef
1 cup salsa
1 can (10.5 ounces) fat-free cream of chicken soup
1 can (10 ounces) enchilada sauce
2 cups fresh or frozen corn
8 whole wheat or corn tortillas, torn or cut into small pieces
2 cups shredded reduced-fat cheddar cheese



1. Preheat oven to 350 degrees. Spray a 9x13-inch baking dish with non-stick cooking spray.
2. In a large skillet, cook ground beef over medium heat. Drain and rinse excess fat. Stir in salsa, soup, enchilada sauce and corn; set aside.
3. Using about ⅓ of the tortillas, cover the bottom of the pan with torn tortilla pieces.
4. Layer ⅓ of the meat mixture on top of the tortillas. Spread ⅓ cup of cheese over the meat, then top with half of the remaining torn tortillas.
5. Top the tortillas with ⅓ of the remaining meat mixture, then ⅓ cup of cheese, and finally the rest of the tortillas.
6. Add the last of the meat mixture. Set the remaining cheese aside.
7. Bake for 30-40 minutes, sprinkling the remaining cheese over the top during the last 15 minutes of baking.
8. Serve with low-fat sour cream, shredded lettuce, sliced olives, chopped tomatoes, etc., if desired.

Nutrition Note: This recipe makes 6 servings. Each serving has 370 calories, 12 grams of fat, and 38 grams of carbohydrates.

GROWING HAPPY FAMILIES

Plan to enjoy tasty menus for family meals together.

If you think putting a meal together has to be complicated or time-consuming, think again. The best meals are simple, delicious, and planned together. Let everyone choose a favorite menu. Even small children can pick a main dish (like pasta or tacos), a vegetable (green salad or cooked carrots), and fruit for dessert (sliced apples or a fruit salad).